

Yes and No

Conversation Building Activity

The “Yes and No” activity helps mentees learn to use other words to answer questions without responding with just “yes” and “no” answers. This activity encourages mentees to search their minds for other words to convey meaning and helps them realize how much more they have to offer in a conversation. This activity can be done with a partner. It begins with one person asking a question. The person responding is not allowed to say “yes” or “no” in his or her initial response.

Possible Questions

1. Have you ever been hiking?
2. Do you know how to swim?
3. Do you like ice cream?
4. Do you enjoy riding a bicycle or motorcycle?
5. Have you ever written a poem or story?
6. Have you ever thought of having a hobby?
7. Have you even taken a trip on a train?
8. Have you taken a boat ride on a lake?
9. Have you ever seen a skyscraper?
10. Do you have a favorite movie?
11. Do you have a favorite video game?
12. Do you have plans for the future?
13. Do you have a favorite sport?
14. Have you ever tried to count the stars?
15. Have you ever been camping?
16. Do you like the ocean?
17. Do you like to cook?
18. Would you like to go up in a hot air balloon?
19. Would you like to scuba dive?
20. Are you good at playing board games?

Challenging Questions

1. Have you ever gotten into a fight?
2. Have you ever experienced peer pressure?
3. Do you get along with your parents?
4. Do you feel like an adult?
5. Do you feel like you have grown since you have been incarcerated?

*Suggestion: Try modeling the activity with the mentee asking the question first and the mentor responding. It may take some practice before the mentee feels comfortable with responding beyond “yes” or “no”.